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ABSTRACT

Earth and its people are at risk. This book empowers anyone to personally deal with being at risk, with destructive personal stress, and environmental trauma. It shows how to let nature place its wisdom into one's thinking and overcome society's separation from nature. It lets nature itself teach us how it works and how to participate in its process. This process adds something new to how we reason. We learn to reason by reasonably creating moments that let Earth speak to us and share its wisdom. It is a natural sensory science that gives hope to those who use it, and integrity to those who welcome it. It lets the individual choose to responsibly find happiness moment by moment, and by that process create, and sustain an enjoyable, supportive community locally and globally. The reader is introduced to 48 additional senses. Opportunities to learn from experience are provided in an appendix designed for readers to initially acquaint themselves with its subject through 16 sensory nature activities. (JBJ)

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